



FACTORS AFFECTING TEENAGE ADDICTION TO GAMES: A LITERATUR REVIEW

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ABSTRACT

Game addiction experienced in adolescence can affect the social aspects of adolescents in living their daily lives, because of the amount of time spent in the game world. The purpose of reviewing and analyzing these articles is to classify in a simple way the factors affecting teenage addiction to games. The data collection process was carried out by filtering from 4,290 literature sources using accredited journal sites such as Ebsco and Pubmed then filtered into 30 literatures and articles relevant to this literature review as many as 8 journals based on criteria determined by the authors of each journal taken using the PRISMA diagram and starting from 2018 to 2020. The results of the article review are found that teenagers who are addicted to games affect the way they behave and in interpersonal communication. Teenagers spend more time playing games which then causes a reduced opportunity for a teenager to be involved in social interactions, so that it has a negative impact on their social life such as closing themselves off and not hanging out with many people which makes them anti-social. It is difficult for a teenager to express the emotional state they have, they prefer games as an escape when they have problems.

Keywords: affecting; game addiction; teenagers

INTRODUCTION

Game addiction is officially listed as a mental health disorder which is often referred to as gaming disorder, this game addiction is included in the list of diseases (international classification of diseases edition 11 (ICD-11) based on data from the World Health Organization (World Health Organization) (WHO, 2018). A person experiences a period of development and transition from children to adolescents to adults to old age, where adolescence lasts between the ages of approximately 13 to 18 years. Adolescents experience growth that can be seen from the development of physical changes, psychological changes and social changes (Tinggi et al., 2020).

Adolescents who are addicted to games will experience several symptoms that are shown such as thinking all day long for gaming, increasing playing time, to escape from problems, giving rise to feelings of being dependent on games excessively and neglecting other activities because of game addiction (Febriandri et al., 2019). Gamers in Indonesia have reached 34 million people and even more, the mobile gaming segment in Indonesia is experiencing very rapid growth (Nurfadilah, 2018). The criteria for game addiction are very important to know so that it is useful in protecting the next generation, it needs to be improved for the progress of a country Mental nursing in particular discusses this matter, according to research from Cahyani et al., 2019 it can be concluded that proper parenting can maintain a person's health psychologically and prevent losses caused by excessive game addiction. Nursing world also has an important role to jointly maintain good mental health for everyone (Lieberoth, 2021). Based on the phenomenon of existing cases, the author aims to review and analyze these

articles to classify in a simple way the factors that cause adolescents to become addicted to games with relevant reviews and according to the topics discussed.

METHOD

The data used comes from articles that contain the concept under study. The data collection process was carried out by filtering from 4,290 literature sources to 30 literatures and articles relevant to this literature review as many as 8 journals based on the criteria determined by the authors of each journal taken as depicted in the PRISMA diagram of the article search process Figure 1. The criteria used this includes the year of the literature source taken from 2018 to 2020, the suitability of the writing keywords, the relevance of the results of writing and discussion. Strategies in collecting journals of various literatures using accredited journal sites such as Ebsco and Pubmed. An effective way of writing for journal settings by entering keywords according to the title of writing such as “Affecting AND Teenager AND Game Addiction.

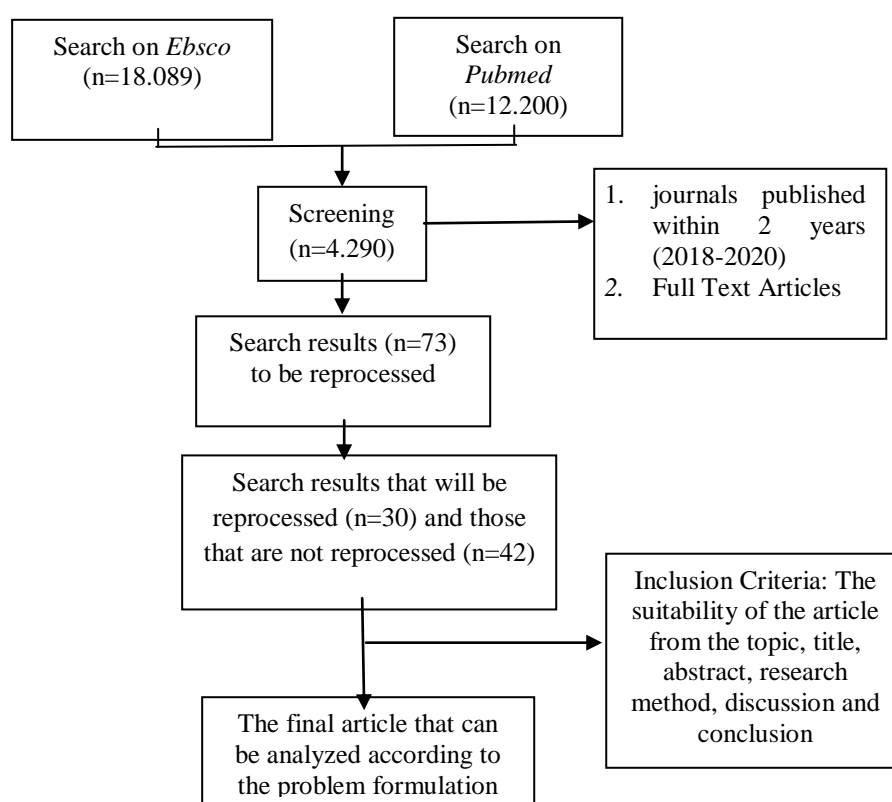


Figure 1. Article Search Process

RESULTS

The results of the review obtained 8 articles with research methods using qualitative designs representing several countries. From this literature study, it was found that adolescents who are addicted to games are due to less than optimal communication and supervision between children and family members, especially parents (Hashemi et al., 2020; McMichael et al., 2020). In addition, parenting errors from parents to children and boredom or boredom of a child will be monotonous routines (Ozgur, 2019; Wang et al., 2019). Adolescents with game addiction can affect their social, psychological, and physical factors which have a negative impact on their lives (Keya et al., 2020; Yi-sheng, 2018). Excessive dependence of children and adolescents on playing games continuously can cause mental and emotional problems, including time distortion, inattention, hyperactivity, violent actions, negative emotions, and aggressive behavior. This relates to the factors of parents' socioeconomic status and

extracurricular activities and activities outside of school (Karunanayake et al., 2020; Yang, 2020).

Table. 1
 Characteristic Study

Author	Research Methods	Finding Factor
(Yi-sheng, 2018)	Qualitative	Several factors emerged in this study, namely: 1. Play online games as a place looking for fun 2. Get a new world in play online game 3. Various emotions can be felt
(Ozgur, 2019)	Qualitative	The results of the study reveal that there are several factors that indicate that children are addicted to playing online games because 1. Availability of game playing facilities 2. Influence of gaming environment 3. There is curiosity about the types of games and great desire for play it
(Wang et al., 2019)	Qualitative	The results of the study obtained several factors, namely: 1. Access online games 2. Attractive factors for playing online games 3. Factors that cause addiction in online games 4. Game design features that reduce addiction
(Hashemi et al., 2020)	Qualitative	The results of the research obtained data analysis that mothers with high technological knowledge, have regular online activities, and carry out thoughts and behaviors by telling their children will have more positive protection effectiveness with several factors: 1. Parent-teen relationship management 2. Peer relationships, and entertainment have a role in reducing dependence
(Karunanayake et al., 2020)	Qualitative	The results of the interview found that the influence of smartphone game addiction varies according to the length of time they play. From the participant's point of view, smartphone game play was a major barrier to education and physical health. Results showed that it did not have a strong effect on self-identity and mental well-being. Its effect on family relationships is neutral. Most of the participants wanted to stop playing games but some didn't see anything wrong with playing smartphone games.
(Keya et al., 2020)	Qualitative	From the results of this study the researchers revealed that problematic parent-child relationships and parents' attitudes to make their children competitive in education, parental neglect, child loneliness and anxiety, and open parenting without control were associated with digital game addiction. In such a context, parents are encouraged to minimize the gap by offering or letting children play digital games and gradually the child becomes addicted to the game.
(McMichael et al., 2020)	Qualitative	The results showed that parents believed that encouraging physical activity in adolescents was important, especially for mental health. Most parents feel that their children are not active enough. Parents reported that their teens regularly played games, with most of the negative perceptions about games due to violent content and becoming addicted. Parents discuss the inability to relate to games due to different generations.
(Yang, 2020)	Qualitative	The main result in this study is that they consider playing games as the main way to relax and socialize effectively, and most of them start to get to know games at a very young age. In addition, online game addiction is related to external conditions and management of internal feelings such as their perception of stress. To prevent or reduce parental game addiction, teachers and school administrators should pay attention to the emotional needs of students, strengthen adaptability education for new students, and help students have a clear career plan.

DISCUSSION

Addiction to games is almost the same as other types of addiction, but game addiction is more included in the category of psychological addiction that can affect mental emotional problems if it cannot be controlled. The negative impacts of teenagers who are addicted to games include only wasting money, making, more willing to go to school just to play games, and sometimes skipping school, forgetting to eat and going home and can cause eye problems due to too often dealing with monitors or monitors. smartphones (Karunanayake et al., 2020). Teenagers who like to play games will make the neurotransmitter dopamine increase, so that it can cause a sense of pleasure (Wang Chao-Feng Lin, 2018). In this case, humans are born with low dopamine, will always look for ways, objects or activities that can increase their dopamine. Therefore, someone who has a dopamine neurotransmitter disorder, will be more susceptible to addiction (Hashemi et al., 2020).

Online and offline based game games often present content that stimulates the adrenaline of the players. In addition, there are challenges that are constantly increasing at each level or level of the game. This is certainly an attraction for a teenager as well as a risk for people who are basically psychologically happy to seek challenges. Meanwhile, from the social side, it has an impact on parenting patterns of parents who give games to their children from an early age so that they form a mindset that if games are a place to seek pleasure, they eventually become dependent (Ozgur, 2019). The American Psychiatric Association unofficially recognizes gaming addiction as a mental disorder and is included in the category of substance abuse and dependence. Individuals can be said to be addicted to games because they always get used to games both consciously and unconsciously (Dou et al., 2019). The game addiction phase is a condition where a player will find it difficult to get out of the game. With the many problems faced by a teenager at the beginning of his development, making teenagers tend to seek entertainment, one example is playing games (Yang, 2020). Teenagers who spend their time playing games can become addicted to these games. Online games are indeed designed to make players play continuously without stopping (McMichael et al., 2020). Of course, this has a bad impact because when someone is addicted to games, then that person will do whatever it takes to keep playing the game until he loses track of time and can cause social relationships with people around him to deteriorate (Keya et al., 2020).

Game addiction can be seen through the frequency and duration of playing games for a teenager. The frequency of playing games results in a lot of time being spent playing so they don't do other activities and activities. The duration of playing games makes adolescents consider games to be more important than other things (Wang et al., 2019). Needing full attention in playing games makes a teenager not want to do other activities that may be more important than playing games, and can trigger the emergence of Emotional emotions in game play, such as anger when you lose or feeling happy when you win, cause the desire to continue playing. In addition, the defeat or victory he achieved can affect the emergence of aggressive behavior (Yi-sheng, 2018).

Aggressive behavior of teenagers who like to play games is due to addiction to interesting game features and for them it can make them to add friends. The form of aggressive behavior that appears is physical aggressive behavior shown when playing games such as fantasizing about being a character in the game, kicking and hitting. Verbal aggressive behavior is shown as saying rude. Environmental influences can also affect how a teenager behaves. Both the school environment, the home environment, and the environment in the community (Wolfling et al., 2019). Teenagers who are addicted to online games tend to hide the problems they face. Game addicts may seek secret places to find pleasure and a sense of peace (Sheng et al.,

2019). In addition they often lie about how much time they spend playing games. Other symptoms of gaming addiction include emotional outbursts, chronic fatigue due to lack of sleep and decreased grades in education. One of the clearest signs that adolescents have become compulsive game addicts and they feel they will act when they cannot access games which will cause high anxiety and tend to be irritable (Chukwu & Ramaswamy, 2021). For children and teenagers, playing games both online and offline is very fun because there are many challenges. In addition, they feel that they can get to know many people from the gaming community, and children and teenagers can imagine being one player character in online games as they wish. However, often playing games can lead to lazy behavior to do schoolwork (Lieberoth & Fiskaali, 2021).

Lazy behavior caused by children and adolescents addicted to games can result in decreased learning achievement because time to learn is taken up to play games. This can lead to a decrease in learning motivation which results in lower academic achievement. Factors that can increase the risk of a teenager experiencing game addiction are low levels of self-esteem, poor interpersonal skills and low emotional maturity (Ferguson, 2018). Adolescents who have one or more of these traits feel more comfortable socializing virtually than in private. This is a compensation for the lack of social relationships that one makes in real life so that one becomes more dependent on the game. The case of adolescents who are addicted to games has low self-esteem and victory when playing games makes someone feel important because they get personal recognition (Esposito et al., 2020).

There is a negative influence and symptoms of game addiction in children and adolescents, encouraging parents at home to arrange activities that can distract them by playing games, such as spending time with children by doing activities together, paying attention to their interests and needs. children, make joint commitments regarding the time and duration of children playing games, and provide children with an understanding of the physical and psychological impacts of playing online games excessively (Lee et al., 2021). In addition, educators, namely teachers at schools, can provide guidance and counseling for them to reduce game addiction which has a negative impact on physical and psychological conditions. If addiction to this game is left unchecked, it will become a problem for children and adolescents because it has a negative impact on their daily lives both at home and at school (Karaca et al., 2020).

Factors Affecting Teenage Addiction to Games:

The author expresses an opinion from the results of a literature review about the factors that affect a teenager who is addicted to games according to the findings, namely:

1. Internal Factor

Factors that cause teenagers to become addicted to games come from within a teenager, such as playing games because of their own volition supported by the facilities they have, their curiosity about the types of games being played, games being a vehicle for expressing their emotions and pleasure (Keya et al., 2020; Yi-sheng, 2018). Parenting provided by the family also has an influence in supervising so it is suggested that this can control excessive game addiction for teenagers (Karunanayake et al., 2020; Yang, 2020).

2. External Factors

Factors that cause teenagers to become addicted to games also come from outside of a teenager, such as the influence of the social environment both friends, relatives and even friends on their social media. In addition, game access is very easy and varied in the design and features provided by the application or device used (Hashemi et al., 2020; McMichael et al., 2020). So, the role of all parties is expected to be able to provide correct education

about how to prevent teenagers from being addicted to excessive games and affecting the lifestyle of teenagers. The role of nursing care is also very necessary to provide information related to the importance of mental health so that it can prevent game addiction and the time possessed by adolescents can be used for positive activities in their time. Games have various advantages depending on the place, time and also the media or information provided, but addiction to games also has disadvantages that result in psychological development and affect a person's mental health significantly if it is too much. The author in this literature review has limitations such as the use of the year range used to search for relevant articles, which is 2 years (Ozgur, 2019; Wang et al., 2019).

CONCLUSION

Game addiction affects the way a child or teenager behaves and in interpersonal communication. Teenagers spend more time playing games which then causes a reduced opportunity for a teenager to be involved in social interactions, so that it has a negative impact on his social life such as closing himself off and not hanging out with many people. Addiction to playing games makes relationships with friends, family strained because their time with them becomes much reduced because game addicts spend time only on games which makes them anti-social. It is difficult for a teenager to express the emotional state they have, they prefer games as an escape when they have problems.

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